



Direction for Use



OmegA+D Sufficiency™ TG Concentrate CITRUS

Amount: 1 capsule per 40 lbs/18 kgs of body weight
Adults: (e.g. 160 lb adult 4 capsules/day; 200 lb adult 5 capsules/day)
Children: (e.g. 40 lb child 1 capsules/day; 80 lb child 2 capsules/day)

Omega Sufficiency™ and OmegA+D Sufficiency™



Amount: 1/2 teaspoon or 2 capsules per 40 lbs/18 kgs of body weight
Adults: (e.g. 160 lb adult 2 tsps or 8 capsules/day; 200 lb adult 2-1/2 tsps or 10 capsules/day)
Children: (e.g. 40 lb child 1/2 tsp or 2 capsules/day; 80 lb child 1 tsp or 4 capsules/day)

Liquid Oil must be refrigerated after opening. SHAKE WELL before EACH use. Capsules do not need to be refrigerated. Store away from direct sunlight.

D Sufficiency™



Amount: 2 drops or 1000 IUs per 40 lbs/18 kgs of body weight
Adults: (e.g. 160 lb adult 8 drops/4000 IUs; 200 lb adult 10 drops/5000 IUs)
Children: (e.g. 40 lb child 2 drops/1000 IUs; 80 lb child 4 drops/2000 IUs)

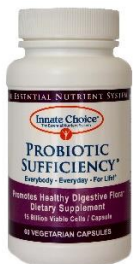
Store at room temperature away from direct sunlight.

Vita- Immune Sufficiency™ and Mineral + K2



Adults: 2 capsules daily with meals
Children: 1 capsule daily with meals
Store at room temperature away from direct sunlight.

Probiotic Sufficiency™



Amount: 1/2 capsule per 40 lbs/18 kgs of body weight
Adults: 2 capsules per day. (If never have taken a probiotic before start with one capsule per day for the first week.)
Children: 1/2 capsule per day for every 40 lbs/18kg of body weight (open capsule and put on food or in beverage).

*Keep refrigerated or, even better, keep in freezer section of refrigerator. Safe to take traveling unrefrigerated but best to keep as cool as possible.